

**COMMUNICATIONS SYSTEM PROVIDING ADAPTIVE POLLING BASED  
UPON USER USAGE PATTERNS AND RELATED METHODS**

**Abstract of the Disclosure**

A communications system may include at least one data storage device for storing messages for respective users, and a plurality of mobile wireless communications devices each associated with a respective user for accessing the messages stored on the at least one data storage device. Moreover, the communications system may further include an adaptive polling engine for polling the at least one data storage device for stored messages and providing the polled messages to mobile wireless communications devices of respective users. The adaptive polling engine may advantageously learn respective user usage patterns for each mobile wireless communications device, and change a respective rate of polling for each mobile wireless communications device based thereon.